A GUIDE TO EATING FISH from SAN FRANCISCO BAY
(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

WOMEN 18 - 49 YEARS AND CHILDREN 1 - 17 YEARS

Eat the Good Fish
Eating fish that are low in chemicals may provide health benefits to children and adults.

Avoid the Bad Fish
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.

2 TOTAL SERVINGS A WEEK

<table>
<thead>
<tr>
<th>Women (18-49 Years)</th>
<th>Children (1-17 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown rockfish</td>
<td>Chinook (King) Salmon</td>
</tr>
<tr>
<td></td>
<td>Jacksmelt</td>
</tr>
<tr>
<td></td>
<td>Red rock crab</td>
</tr>
</tbody>
</table>

OR

1 TOTAL SERVING A WEEK

<table>
<thead>
<tr>
<th>Women (18-49 Years)</th>
<th>Children (1-17 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>California halibut</td>
<td>White croaker</td>
</tr>
</tbody>
</table>

0 DO NOT EAT

<table>
<thead>
<tr>
<th>Women (18-49 Years)</th>
<th>Children (1-17 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharks</td>
<td>White sturgeon</td>
</tr>
<tr>
<td></td>
<td>Surperches</td>
</tr>
<tr>
<td></td>
<td>Striped Bass</td>
</tr>
</tbody>
</table>

Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults
Eat only the skinless fillet.

For Children
Eat only the meat.

Some chemicals are higher in the skin, fat, and guts.

California Office of Environmental Health Hazard Assessment
web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572
A GUIDE TO EATING FISH from SAN FRANCISCO BAY
(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

Eat the Good Fish
Eating fish that are low in chemicals may provide health benefits to children and adults.

Chinook (King) Salmon
high in omega-3s

Avoid the Bad Fish
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

Red rock crab

Choose the Right Fish
Chemicals may be more harmful to unborn babies and children.

California halibut
high in omega-3s

Striped Bass

Jacksmelt

Sharks

White sturgeon

White croaker

Surfperches

Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults

For Children

Some chemicals are higher in the skin, fat, and guts.

Eat only the skinless fillet

Eat only the meat

California Office of Environmental Health Hazard Assessment
web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572